

DIABETES PROTOCOL

Natural Healing

Diabetes is a breaking down of pancreatic cells due to hardened fatty acids called low density fats and one of their resulting waste products called acetylaldehyde, a common ferment from incomplete digestion. This waste also hardens the cell walls of every body tissue, so that insulin (which can be of very poor quality as well) is not able to get transported into the cells inside working area and therefore sugar/cell fuel is not taken inside and utilized. This picture of lack of proper digestion, lowering of the acid/base balance in the body called pH, is easily changed and recovered back to health with a few dietary changes, herbal help, exercise routines, hydrotherapy, and prayer for God's healing power to work in our hearts.

Exodus 15:26 And said, If thou wilt diligently hearken to the voice of the LORD

Thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, ***I will put none of these diseases upon thee***, which I have brought upon the Egyptians: ***for I [am] the LORD that healeth thee.***

Here is what you need to do:

- **Do a full body cleanse:** called incurables cleanse-lasts for 30 days. See "Foundational Program" handout for 'how to' and "Bowel cleansing." For how to Kidney and Liver Flushing see their respective handouts
- Maintenance cleanses for the next two years of **Bowel, Blood/Lymph, Liver and Kidneys**, what cleanses these will cleanse the stomach and other digestive organs including the Pancreas
- Drink no less than **three quarts of water each day**; this can include the teas and fresh squeezed juices
- **Eat 100% raw** fresh uncooked food for the first three months. Eat only enough for strength
- **Eat 80% raw** fresh uncooked food for the first three years
- **Fresh squeezed vegetable juice 1 quart daily** for maintenance; two quarts daily while in a cleansing program or more if possible. Juice needs to be green, can have some carrots.
 - **Green beans juiced** in large quantities (1/3 of juice would be from green beans) helps level blood sugar levels
- **Green smoothies** twice daily
- **SuperOneFood** two tablespoons, three times a day
- Must consume no less than **6-9 cloves of garlic per day**, must be fresh, and chewed with some other food. I.e. avocados

- **Do not over-eat**, either at a meal or in 24 hour period; NO between meal food-not one bite
- **Do not go to bed on a stomach full of food**, you will need 4 hours since last meal before retiring
- Must **chew your food until it is like milk** going down
- Absolutely **no processed foods**; use only Virgin Coconut Oil; do not heat this, do not cook with this or any other oil. Use only small amount of Honey, Maple Sugar, or Dried Cane Juice for sweeteners after the first year. For the first year use only **Stevia liquid**. No white flour products, or any other white stuff like white rice, sesame, etc.
- Take **Pancreatic/Diabetic Formula** daily three times a day according to instructions on label
- Take **Caprylic acid** according to instructions on bottle daily for six months
- Take (plant based only) **Essential Fatty Acids** regularly for first six months
- Take **Betaine HCL, Digestion, Flora Plus, Fat/Sugar** (digestive aides) with each meal for first year or until very well
- Do **daily contrast hydrotherapies** as described in “Foundational Program”
- Do bi weekly **‘wet sheet packs’** as described in “Foundational Program”
- **Exercise program** must be in place daily, must be at therapeutic levels (means that b/p and pulse rate are increased and held up at a rate that is therapeutic for your age and condition, for one hour daily, and then work the rate on up as your body improves) generally this can be determined by the amount of heavy breathing acquired with the exercise. If you can talk while breathing very heavy, good. If you could sing not good enough
- **To bed not latter than 9-10 PM**, no excuses
- Absolutely **NO COFFEE**. SODA POP, LIPTON TEA, ALCOHOL, or tobacco in any form. No caffeine in any form.
- Pray for God to give you a **grateful, thankful, happy, trusting, attitude, believing** that He will heal your soul and also your body! He wants to Bless us if we will receive it.